



Spouse Information Meeting (SIM)

May 2013

Our mission is to provide sustainable installation support and services for Soldiers, Families, and the military community that meets current and future mission requirements, promotes community well-being and enhances the natural environment

We are the Army's Home



SIM



Agenda

- Opening Remarks (USAG-HI Commander / Senior Spouse)
- Spotlight Presentation – Countdown to Joint Spouses' Conference
- Spotlight Presentation – Facebook Town Hall
- Spotlight Presentation – Scream Free Marriage & Parenting
- Spotlight Presentation – Disaster Preparedness
- Spotlight Presentation – PCS / ETS / Retirement Fairs
- One Item of Interest to All (Service Providers)
- SIM Topic Annual Planner (Facilitator)
- Closing Remarks (USAG-HI Commander / Senior Spouse)



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Spotlight Presentation

Countdown to Joint Spouses' Conference



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SAVE THE DATE...

Saturday, October 5th
Schofield Barracks

**JOINT SPOUSES'
CONFERENCE**

2013

**OPERATION:
HOOAH!**

- ❖ New & Adventurous Workshops
- ❖ Phenomenal Keynote Speaker
- ❖ Information Expo
- ❖ Excellent Networking Opportunity



Visit us on Facebook and at www.jschawaii.com for more Conference details!



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Questions



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Spotlight Presentation

Facebook Town Hall



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USAG-HI



Town Hall

6-7:30 p.m., May 28

www.facebook.com/usaghawaii,
under “Events”



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Spotlight Presentation

Scream Free Marriage and Parenting



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FAP Advocacy Program

Marlene Oda-FAP Specialist

Summer Rosa-Mullen-FAP Educator

Our Purpose: *prevent the prevalence of child abuse/neglect, domestic violence, and sexual assault.*

Our Goal: *provide primary and secondary prevention and education programs (New Parent Support Program, and Victim Advocacy, Prevention and Education).*



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Hal Edward Runkel
Licensed Marriage and Family Therapist

- Author of the ground-breaking *ScreamFree Living* book series and founder of the *ScreamFree Institute*, will be offering *ScreamFree Parenting*, and *ScreamFree Marriage*



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ScreamFree Institute

- ScreamFree Parenting is the principle-based approach that's inspiring parents everywhere to truly revolutionize their Families. The ScreamFree way compels you to focus on yourself, grow yourself up, and calm yourself down.
- ScreamFree Marriage combines timeless principles, the foremost clinical research, and the LOL speaking style. Scream Free Marriage is not about “fighting fair” or “meeting one another’s needs” or “becoming more compatible.” ScreamFree Marriage actually celebrates the differences between you and your spouse as the foundation for a great marriage, a message that really hits home



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ScreamFree Parenting

- Wednesday, 29 May 2013, 0930-1100
- Main Post Chapel, Schofield Barracks
- Limited Free Childcare is available but you must register no later than 20 May. (Children must be registered through Child Youth and School Services)
- Free ScreamFree Books/DVD's for first 100 families to register.
- Please call ACS/FAP to RSVP at 655-4227 with Cindy Morita or Marlene Oda or cindy.l.morita.civ@mail.mil



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ScreamFree Marriage

- Thursday, 30 May 2013, 1700-1900
- Main Post Chapel, Schofield Barracks (Dessert Potluck-Please bring your favorite dessert to share)
- Limited Free Childcare is available but you must register no later than 20 May. (Children must be registered through Child Youth and School Services)
- Free ScreamFree Books/DVD's for first 100 families to register.
- Please call ACS/FAP to RSVP at 655-4227 with Cindy Morita or Marlene Oda or



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- Sponsors and Supporters of this event
 - Garrison Chaplain
 - 3 BCT
 - B CO 209th ASB
- QUESTIONS/DISCUSSION



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Questions



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Spotlight Presentation

Disaster Preparedness



Army Community Awareness Campaign

Saving Lives Through Individual and Family Preparedness

Army Emergency Management

HQDA G-3/5/7

Army Asymmetric Warfare Office
Protection Division
Installation Preparedness Branch



ARMY STRONG



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Hurricane Season

- We live on an Island
- Hurricane Season lasts from the beginning of June until the end of November



- USAG-HI wants to help you in your emergency preparedness
- Your Safety and Security is important to this command

Ready Army Campaign



- Ready Army seeks to inform the Army community of all hazards and to provide targeted preparedness information to Soldiers, their Families, civilians and contractors worldwide.
- Failure to prepare can put yourself, your family and your property in jeopardy!



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Be Ready Checklist



GET A KIT



MAKE A PLAN



BE INFORMED

- I know what emergencies of disasters are most likely to occur in my community
- I have a family disaster plan and have practiced it
- I have an emergency preparedness kit
- At least one member of my household is trained in first aid and CPR
- I have taken action to help my community prepare



Get A Kit



-
- A large collection of emergency supplies is displayed against a dark blue background. At the center is a grey and orange "Survivor Pak" labeled "EMERGENCY SUPPORT SYSTEM". To its left are boxes of "MAINSTAY Emergency DRINKING WATER" and several packets of instant noodle soup. In front of the Survivor Pak are numerous bottles of hand sanitizer, a red first aid kit, and various medical supplies like band-aids and pills. To the right are more boxes of "MAINSTAY FOOD RATION", packets of instant noodles, and boxes of "Modess 2" pads. Other visible items include a yellow sleeping bag, a roll of white cloth, a box of "Tobacco Syll", a box of "The Ultimate Cold Remedy", a box of "M&M's Peanut Flavors", a pair of scissors, and various other small survival and personal care items.



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Basic Emergency Supply Kit

- Make sure your emergency kit includes items specific to your special needs
 - eyeglasses
 - medication
 - oxygen
 - food for service animals
 - batteries for necessary mechanical aids
- Additional Items
 - Important family documents in a waterproof container
 - Cash or traveler's checks and change
 - Maps



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Emergency Family Plan

- Making a plan is simple... just think of the 5 Ws!
 - Who: Gather input from all member of your family
 - What: Plan for all hazards that could effect your family
 - Where: Establish meeting places
 - When: Review Plan annually or major changes in you family occurs
 - Why: To help each other get through the emergency situation safely and with less worry



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Emergency Family Plan (Conts)

- Plan want to do in case you are separated during and emergency
- Plan what to do if you have to evacuate
- Emergency Contact Cards for all family members
- Plan ahead for your pets
- Rehearse your plan





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Relocation

- Moving to a Shelter
 - A shelter is a publicly identified, certified, supplied staff for mass care
- Moving to a Designated Safe Haven
 - A facility that provides temporary protection during sudden incidents
- Sheltering-in-Place
 - Evacuating or moving to a shelter or safe haven could possibly be more dangerous than remaining where your are



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Be Informed

- USAG-HI Mass Notification/ Giant Voice Warning System
- Hawaii State Siren and Emergency Alert System
- Turn on TV/ Radio for updated information
- Island Palm Communities Call Max
- Facebook/Twitter
- Family Readiness Groups(FRG)/ Senior Information Meeting (SIMs)



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Hurricane Exercise Announcement

- U.S Army Garrison Hawaii will participate in Annual State Hurricane Exercise called Makani Pahili (Strong Winds) from May 29 – June 6, 2013
- Key Exercise Objectives are:
 - Exercise disaster preparedness plans and procedures
 - Exercise Alert procedures and communication systems
 - Exercise select safe havens and family assistance centers
 - Army Disaster Personnel Accountability and



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Ready Army



- Preparing Army Communities of today for the hazards of tomorrow; Keeping America's Army Strong

<http://www.acsim.army.mil/readyarmy/>

<http://www.fema.gov/>

<http://www.hawaiiredcross.org/>

<http://www.hawaiianhumane.org/>



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It's up to you. *"Prepare Strong"*

Emergency Manager Contact:

(808) 656-5362

(808) 655-4365



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Spotlight Presentation

PCS / ETS / Retirement Fairs



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PCS / ETS / Retirement Fairs

Overview

- Family and MWR, ACS will lead Fair coordination to provide relocation, financial readiness and EFMP services.
- DHR will process orders, conduct clearance and counseling.
- Transportation to process/lock in movement dates.
- On-site paperwork processing.

Background

- USAG Hawaii anticipates over 1600 Soldiers transitioning between May and August 2013.
- Staff shortages compounded by furlough require a different approach to meet the needs and provide timely support.

Concept

- Location: Nehelani Banquet & Conference Center
- Dates/Times:
 - 18 Jun, 16 Jul (1000-1200, 1330-1530, 1700-1900)
 - 15 May (1000 -1200, 1330-1530)
- Resource consolidation and Subject Matter Expert guidance
- Decreased stress levels for Soldiers, Family members & Staff

Briefing Agencies Non-Briefing Agencies

- | | |
|---|---|
| • Transportation | • ACS |
| – Household Goods | – EFMP |
| – POV | – Finance |
| • Housing/Housing Service Office | – Relocation |
| • Finance | • CIF |
| • Children Services | • Military Family Life Consultants |
| – CYS Services | • Military One Source |
| – School Liaison Office | • United Health |
| | • Veterinary Services |



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One Item of Interest to All (North Service Providers)

1 Directorate of Family and Morale, Welfare and Recreation	12 Directorate of Emergency Services
2 Army Community Service	13 Family Housing (DPW)
3 Child, Youth, and School Services	14 Island Palm Communities
4 Army Family Action Plan	15 Schofield Barracks Health Clinic
5 Army Family Team Building	16 Solider Family Assistant Center
6 Exceptional Family Member Program	17 Fisher House
7 School Liaison Office	18 TriWest
8 Hui O' Wahine	19 Religious Support
9 FRG/ Op Ready Programs	20 Exchange
10 Army Volunteer Corps Coordinator	21 Commissary
11 Armed Services YMCA WAAF	22 Red Cross



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One Item of Interest to All (South Service Providers)

- | | |
|---|--|
| 1 Directorate of Family and Morale, Welfare and Recreation | 8 Directorate of Emergency Services |
| 2 Army Community Service | 9 Island Palm Communities |
| 3 Child, Youth, and School Services | 10 Tripler Army Medical Center |
| 4 School Liaison Office | 11 Fisher House |
| 5 Military Child Education Coalition | 12 Religious Support |
| 6 Hui O' Wahine | 13 Exchange |
| 7 Armed Services YMCA AMR | 14 Red Cross |



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SIM Topic Annual Planner

North SIM 1st Monday each month / South SIM 1st Wednesday each month

JANUARY	FEBRUARY	MARCH
Spotlight: SLO: Academic Testing /Scholarships (ie, VFW)/Hui`O Na Wahine Spotlight: DES: Crime; current service & support	SIM Spotlight: Tax (new regulations; website, training) SIM Spotlight: CDC (FAQ) TLM: VMIS	SIM Spotlight: FAP SIM Spotlight: Pre-PCS/HAZMAT SIM Spotlight: Summer Programs TLM: FRG Symposium/CDC/Financial Resiliency/Commissary/VMIS RFI
APRIL	MAY	JUNE
Spotlight: ITR Military Appreciation Month is May Spotlight: Financial Resiliency Spotlight: TRICARE Spotlight: Summer Programs TLM: Social Media	Spotlight: Disaster Preparedness Spotlight: Pre-PCS Theme Spotlight: Facebook Town Hall & Joint Spouse's Conference TLM: TBD	Spotlight: TBD Spotlight: TBD TLM: TBD
JULY	AUGUST	SEPTEMBER
o No SIM scheduled	Spotlight: Post-PCS Theme Spotlight: TBD TLM: TBD	Spotlight: Post-PCS Theme Spotlight: TBD TLM: TBD
OCTOBER	NOVEMBER	DECEMBER
Spotlight: TBD Spotlight: TBD TLM: TBD	Spotlight: TBD Spotlight: TBD TLM: TBD	Spotlight: TBD Spotlight: TBD TLM: TBD



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End of Brief

INSTALLATION MANAGEMENT COMMAND



“Sustain, Support and Defend”



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May 1st Learn to Swim Program @ HMR Pool
May 1st Military Specials @ Leisure Travel Services
May 3rd Cinco De Mayo Celebration @ Tropics Warrior Zone
**May 4th Toby Keith- Concert Presented by
USO**

@ Weyand Field, Schofield Barracks

May 4th Ladies Golf Clinic @ Leilehua Golf Course
May 10th Right Arm Night - Fiesta @ Nehelani
May 12th Mother's Day Brunch @ Nehelani & Hale Ikena

Visit :

himwr.com

For additional information and other
programs





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May 12th Mother's Day Bowl @ Schofield and Fort Shafter Bowling Centers

May 16th Strong B.A.N.D.S. "Hot Shots" Basketball Shootout Competition @ Fort Shafter PFC Gym

May 17th Lei Making Workshop @ SB Arts and Crafts Center

May 17th Black Light Party @ Tropics Warrior Zone

May 23rd Flower Lei Making @ Fort Shafter Library

May 31st USARPAC Pay Day Scramble @ Nagorski Golf Course

May 31st Hawaiian Luau Lunch Buffet @ Kolekole Bar & Grill and Mulligan's Bar & Grill

Visit :

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For additional information and other programs





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NEW Activities

NEW! Weekly Preschool Story Time @ SGT Yano Library

NEW! Universal Class @ Army Hawaii Libraries

NEW! App for Digital Magazines @ Army Hawaii Libraries

NEW! Water Exercise and Private Swim Lessons @Tripler and Helemano Pools

NEW! Drawing Classes @ Schofield Barracks Arts & Crafts Center

NEW! Happy Bowling Birthdays! @ Fort Shafter Bowling Center

NEW! Army Hawaii Men's and Women's Intramural Softball League @ Takata Field, Ft. Shafter & Stoneman Complex, Schofield Barracks

NEW! Taco Tuesday Night @ Kolekole Bar and Grill

BLUE STAR CARD - SPECIAL EVENTS & ACTIVITIES



May 8th

Aloha Stadium Swap Meet

Visit :

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For additional information and other programs





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Hawaii



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